

CHANGE HAS CHANGED

HOW TO BUILD HIGH PERFORMANCE IN A WORLD OF PERPETUAL CHANGE



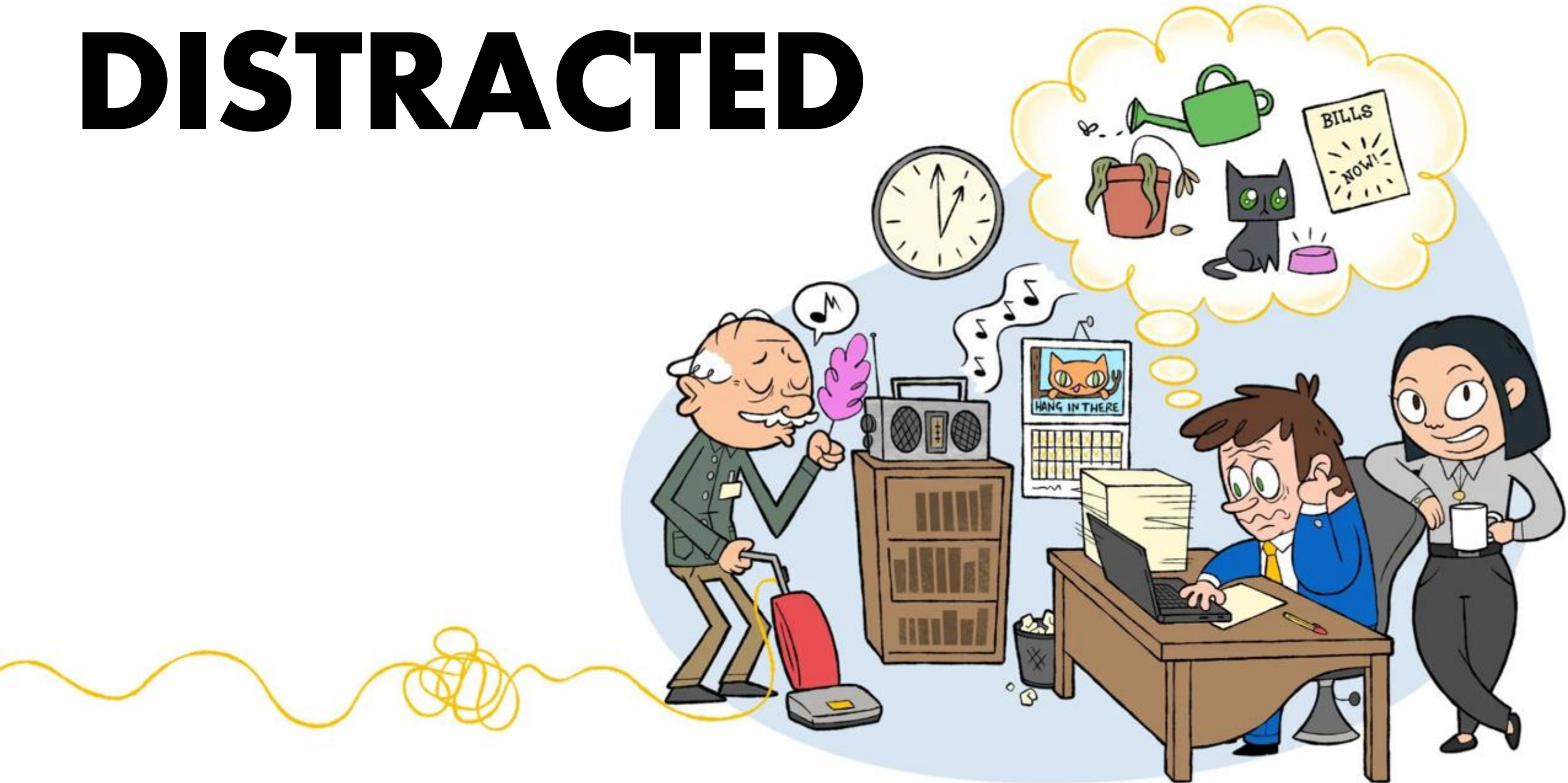
Dr. Liane Davey



A SIMPLER ERA



DISTRACTED



TRIGGERED



BURNED OUT



I WANT...



**BUT IT'S
NOT
WORKING**



IT'S POSSIBLE



**THOUGHTLOAD
NOT WORKLOAD**



THOUGHTLOAD

COGNITIVE LOAD + EMOTIONAL BURDEN



ENERGY RESERVES

FOCUS ON OUTCOMES



ACTIVITIES



OUTPUTS



OUTCOMES

KNOW YOUR QUEST



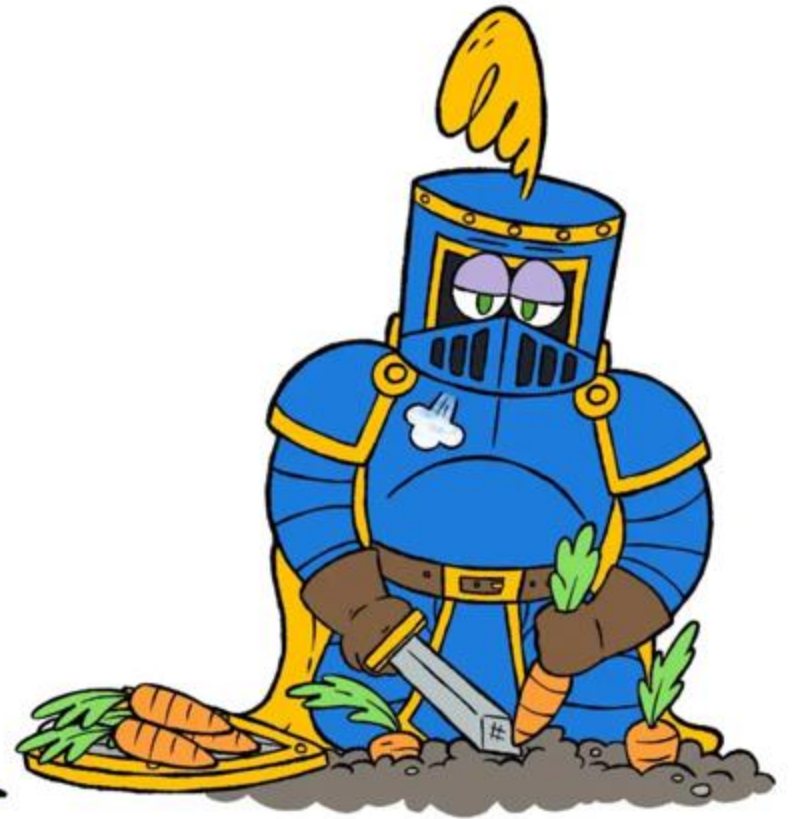
MAKE THREE LISTS, NOT ONE



YOUR QUEST



OTHER QUEST



SIDE QUESTS

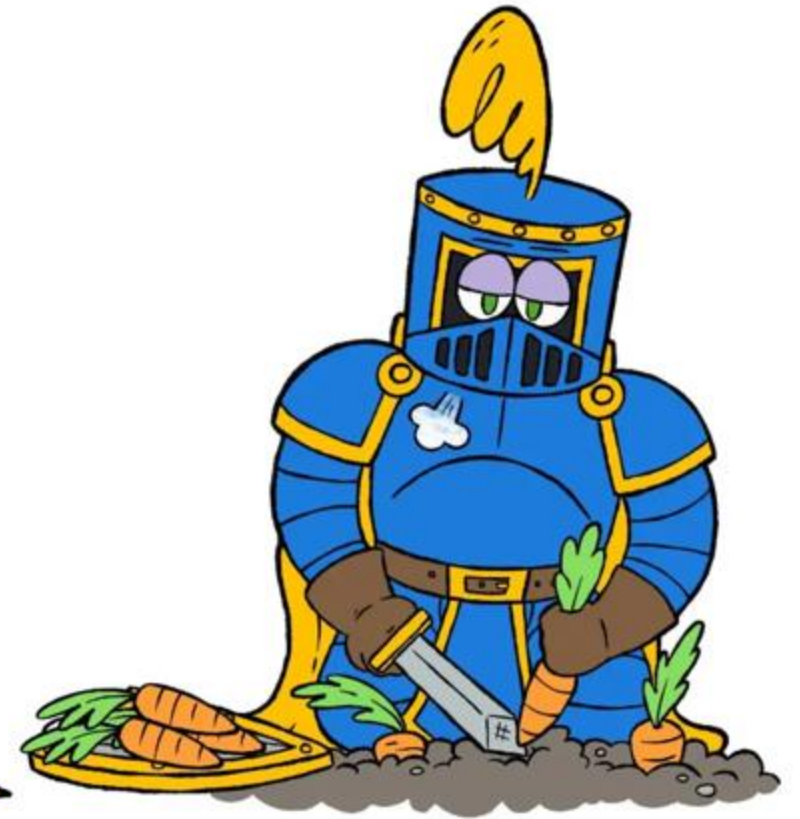
MAKE THREE LISTS, NOT ONE



**FOCUS &
FORGE**

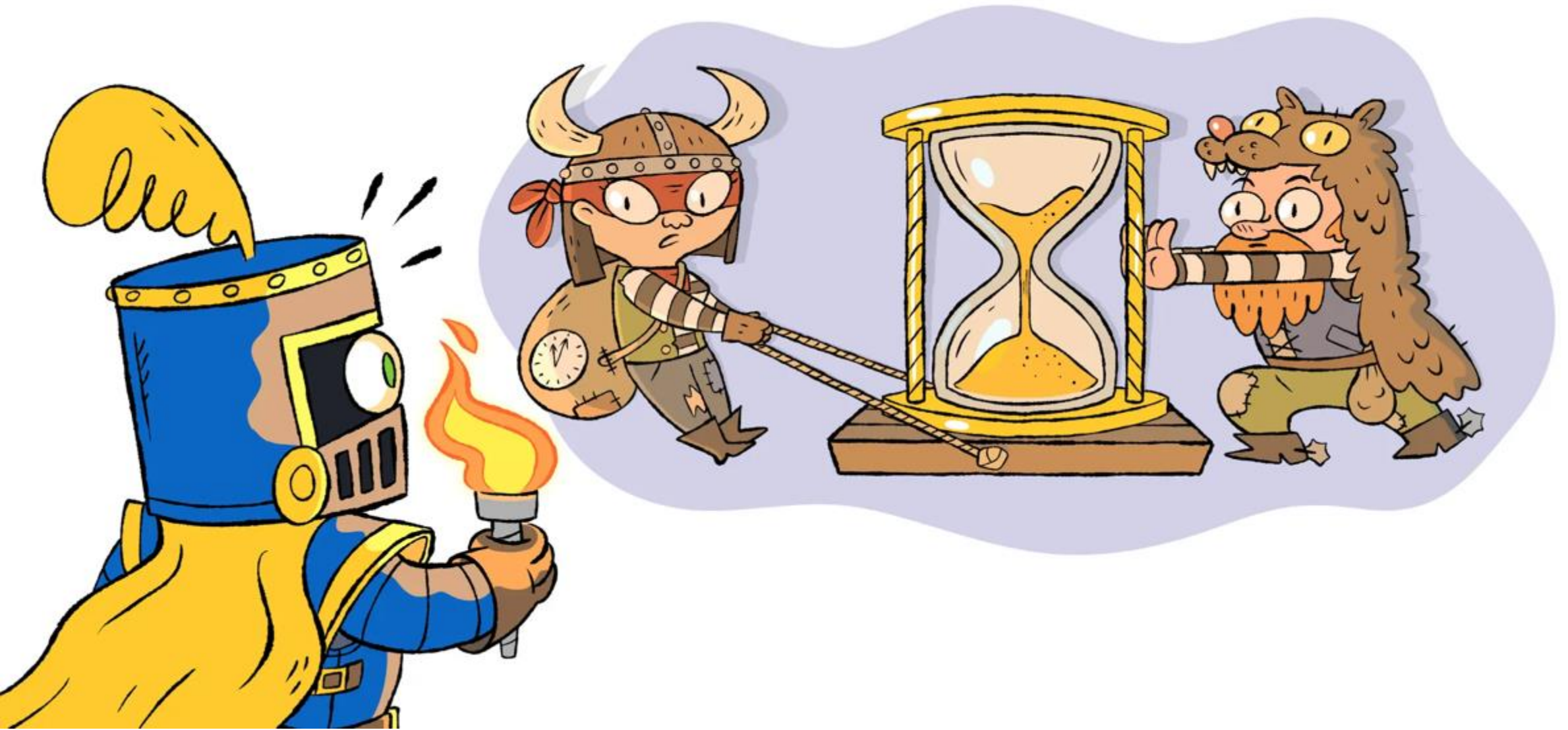


**CONNECT &
COLLABORATE**

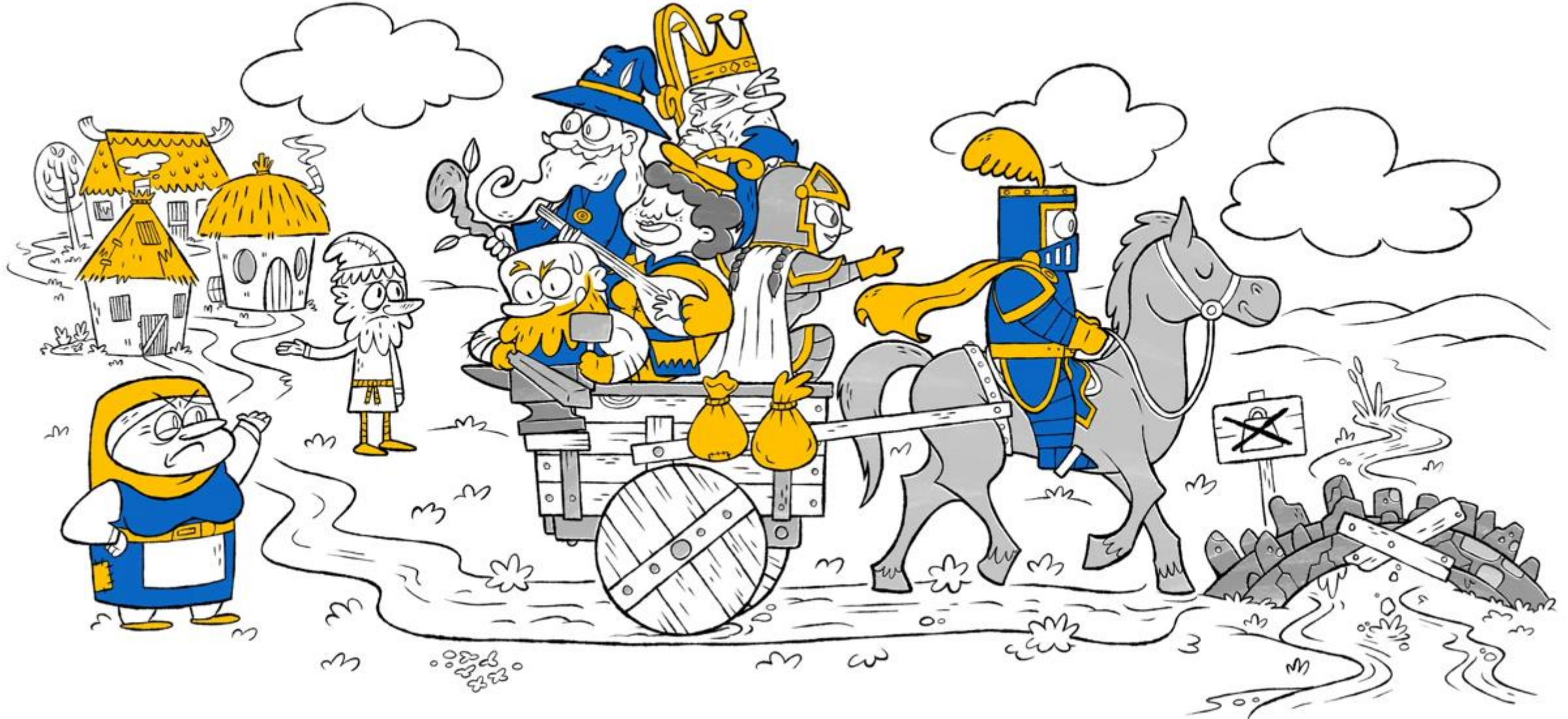


**TIDY &
TEND**

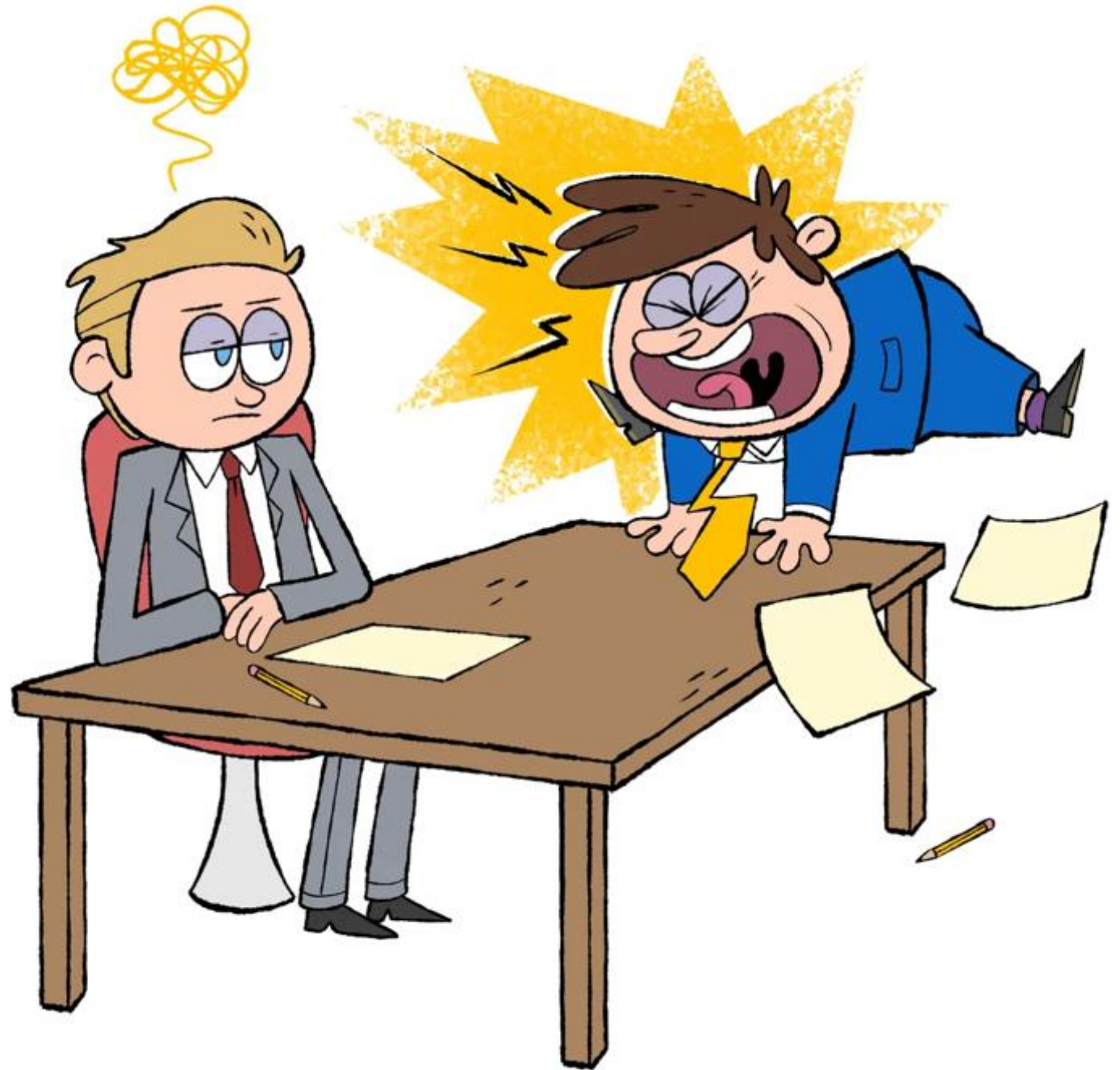
EXPOSE TIME BANDITS



DON'T TAKE EVERYONE



PROCESS TRIGGERED EMOTIONS





FIRE BREATHING DRAGONS

OPEN THE DRAWBRIDGE



REDUCE THE SPREAD



RESTORE DEPLETED ENERGY

ENERGY



SCORE

00000

PLAYER 1



FIND WATERFALLS



FIND WELLS





REDUCE THE DRAINS

Q & A

